

“Memories are
made of this.”

Dean Martin.



Annual review 2018-2019.

"Memories are made of this."

Dean Martin.

We launched our Dance to your Own Tune Programme with Tesco Bank.

Music has played an important part in LifeCare's achievements over this last year.

Our much praised 'Dance to You Own Tune' programme, has transformed the lives of many who are living with dementia; reducing tension, alleviating anxiety, improving communication and lifting spirits amongst participants.

It's just one of the ways we've helped more people than ever across Edinburgh enjoy extra years of zest.

Over the next few pages, you'll read about lots more; like the development of a new Early Stage Dementia Club which will begin later in 2019 and the recruitment of a Community Facilitator. All made possible thanks to our wonderful band of supporters, Trustees, staff, fundraisers, volunteers and local community members.

We couldn't have helped so many without your support. This review is dedicated to all our heroes out there, sung and unsung: thank you. And bravo!

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Thank you



“The times they are a-changing.”

Bob Dylan.

From our Chairman and Chief Executive.

Singer songwriter, Bob Dylan, had a point when he penned, “*your road is rapidly agin’, please get out of the new one if you can’t lend a hand ‘cause the times, they are a-changin’.*” With an increasingly aging population and demand for our services higher than ever before, LifeCare has had to find new ways to continue to provide exceptional services within the care sector.

Our ‘Dance to Your Own Tune’ programme, launched this year with the support of Tesco Bank, has been a big hit. Using music and music therapy, we have successfully reached out to even more of the most socially isolated, bringing extra years of zest to our clients and their carers.

We’ve also worked hard to successfully secure funding from the Health and Social Care Alliance Scotland (the ALLIANCE) to develop an Early Stage Dementia club that will launch in the summer of 2019, which will help those, who are so often overlooked, get the support they need from the very outset of their dementia journey.

It’s innovations like these that mean we can report another year of record-breaking results. This year, LifeCare has supported 976 clients, VIPs and carers. Music to our ears, that’s an increase of 22% from the previous year. Whilst this all sounds very positive, we’ve faced more challenges along the way than ever before. But we’ve risen to meet them thanks to the back up of our supporters, fundraisers, staff and volunteers.

Thank you. You have been one incredible support act.



A handwritten signature in black ink that reads "Jock Miller".

Jock Miller

Chairman



A handwritten signature in black ink that reads "Su Millar".

Su Millar

Chief Executive

With grateful thanks from our Board of Trustees:

Jock Miller; Clare Symes; Zain Sheikh; Sandra Dea; Lynsey Kerr; Elaine Aitken; Mary-Clare Macfarlane; Beverley Francis and Mike Evans.



Financial Review

We celebrate the fact that we have the chance to transform the lives of more clients and carers than ever before.

Our priorities are firmly in the delivery of quality services to benefit the health and well-being of our clients, community support and to maintain a Reserve to manage works in the future.

Our financial decisions are based on prudence, good stewardship, transparency, stability and flexibility.

Here's what we have delivered in the last year.

Income and Expenditure Statement

Total Income	1,405,116
Total Expenditure	1,527,906
Operating Surplus (Deficit)	(122,790)
Decrease in Value of Investments	(87,707)
Net Movement in Funds	(210,497)

Where our Income Comes From:-

Statutory Grant Funding

Charitable Trusts, Grants & Donations

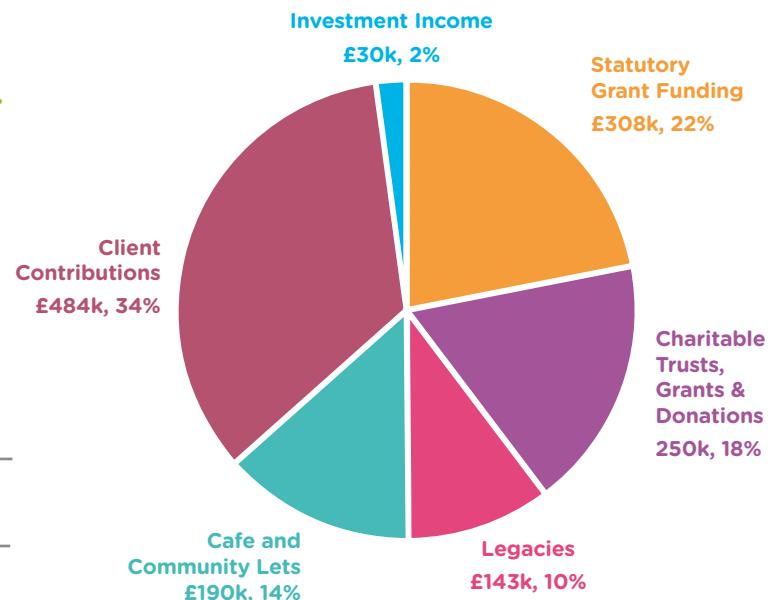
Legacies

Cafe and Community Lets

Client Contributions

Investment Income

Total Income Raised £1,405,000



How We Spent It:-

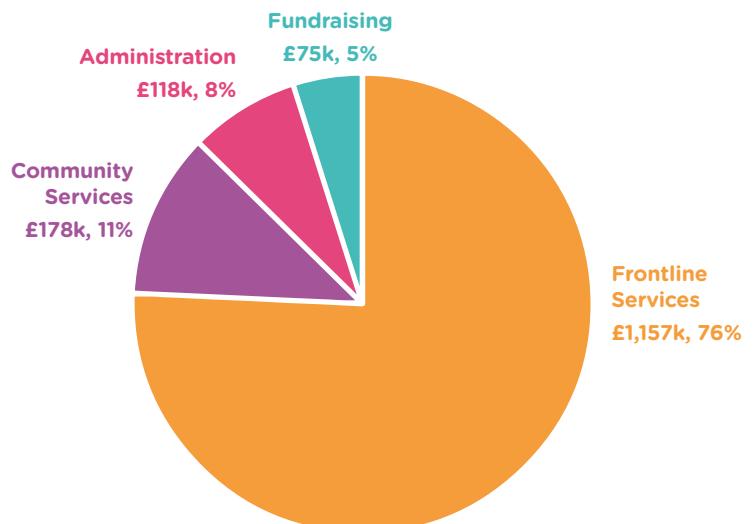
Frontline Services

Community Services

Administration

Fundraising

Total Expenditure £1,527,906



Highlights in 2018-2019

Client Support

The Help at Home service succeeded to do more to address the demand from older people and carers in the city, to enable them to live more independently at home for longer. By supporting them with our cleaning and shopping service. The service has grown 15% during the year and is forecast to increase by a further 20% in the year ahead.

The Early Stage Dementia service for our St Bernard's club succeeded in securing funding from the Health and Social Care Alliance (the ALLIANCE) in December 2018. The funding has helped us with the lead-in and preparation time needed to establish this pilot service, which will be launched in the summer of 2019.

LifeCare Centre

We continued on our journey during this past year to improve our community centre to create a modern venue for all in the community to enjoy. We have made significant progress in these much needed renovations of community space through the generosity of the local community and other voluntary giving, charitable trusts and corporate support. These scheduled works will be completed in August 2019.

CafeLife

We have continued to work in partnership with Edinburgh College and the Jet Academy to support students on work placement, as well as encourage volunteering opportunities in the café.

St Bernard's Garden

With secured funding from charity partner Ryden, we redeveloped and enhanced our St Bernard's garden. It is now used for activities and relaxation and is a space for all our clients and staff to enjoy. It is a green oasis tucked away in an urban setting attracting lovely garden birds, butterflies, bees and pollinators.

Community Engagement

The community engagement programme to develop community-led activities was based on feedback from a wide cross-section of the community. We launched the local history programme in January 2019 to present talks to audiences every month in our community café. The talks have been well received with around 90 people attending.

Partnerships

Community Link Worker (Older People)

We have held discussions with Edinburgh Health and Social Care Partnership on hosting a community link worker who will work with our local GP surgery, Stockbridge Health Centre (Blue and Green Practices) to link older patients back into the local community. Recruitment for this new role commenced in June 2019, for a start date later in the summer.

Intergenerational Project: Through the Years

We have been proud to work closely with Broughton High School and the Superpower agency to showcase the power of young and old generations working together.

The 'Through the Years' pen pal project was a collaboration with clients from our Dean club and Help at Home service, S2 school pupils and locals from the Stockbridge community, were involved from December 2018 to March 2019. The project captured the most touching and inspirational 'spark' between the generations, and the shared learning given and received was valued by all.

A book and video will be published about the project in May 2019.

Dance to Your Own Tune Music programme

We have been delighted to receive funding from our charity partner Tesco Bank to launch our Dance to Your Own Tune music programme. The funding allowed us to establish a music therapy programme in our dementia club for our clients, as well as to develop the Play List for Life music project. This has been a huge hit. Top of the pops!

OUR IMPACT 2018-2019

When demand for our services grows,
so does the number of lives we transform.

77
LifeCare Staff



976
Clients, VIPs and Carers

At Home Services

Help at Home

Staff **30**
Clients **309**
Carers **46**
13,013

Help at
Home Hours

Outreach

Staff **16**
Clients **106**
Carers **72**

10,353
Care Hours

685 of these hours
include clients who have
been admitted to hospital
or where carers have
taken time out

Outreach staff to client
ratio reflects multiple visits
per client, due to
a higher
level of
need.



Day Clubs

DEMENTIA CARE

St Bernard's Club

Staff **4**
Clients **50**
Carers **50**

15,126 Dementia
Care Hours

DEMENTIA CARE

The Cottage Club

Staff **4**
Clients **61**
Carers **61**

11,592 Dementia
Care Hours

COMBATTING ISOLATION

The Dean Club

Staff **4**
Clients **69**
Carers **25**

14,166
Care Hours

Vintage Vibes

Staff **5**

VIP Matches **117**

Carers **10**

153 active
volunteers

131 1-1 volunteers

15 office volunteers

4 film group volunteers

3 Vintage Vocals volunteers

15 office volunteers

14% male
volunteers

86% female
volunteers

aged from 17 years old to
92 years old

26% male VIPs
(over 60s)

74% female VIPs
(over 60s)

29% VIPs living with
dementia

3 years
7 months longest
match with Vintage Vibes



CafeLife

16,000 Customers
15 Volunteers
10,275 Meals cooked
1327 complimentary
 volunteer lunches

LifeCare Centre

92,000 Visitors
3661 Classes
(87 classes per week)
337 Hours of free space
 given to community groups



Volunteers

9	Board of Trustees	7	Care Services
15	CafeLife	3	Fundraising

Corporate Volunteer Fundraisers:

Tesco Bank	TSB	Ryden
1200	200	35

Corporate volunteer hours at LifeCare

352 volunteers
1928 hours of
 volunteering for
 LifeCare)

Equivalent financial contribution
 (based on today's National Living
 Wage) **£15,096.**

Total **10,905**
 volunteer hours.

LifeCare **8154**
 Vintage Vibes **2751**

Equivalent financial contribution
 (based on today's National Living
 Wage) **£85,386.**



Christmas at LifeCare

Donated gifts to our clients:

Tesco Bank
 donated 340 hampers/gifts
TSB Business Banking
 donated 54 gifts
Destiny Angels
 donated 30 hampers



50 Turkeys carved

453 Community
 Christmas lunches

160 Christmas
 lunches made for
 our volunteers

Care with a Difference;
Help at Home
Tailored service
Cleaning
Shopping
Laundry
Cooking
Independence
 for longer
Going the extra mile
The Cottage Club
St Bernard's Club
Dementia
Expert advice
Supportive
Carers
Combat isolation
Music
Family
Outreach
Dedicated support
Combat loneliness
Compassion
Listening
Carers
Caring
Friendship
The Dean Club
Social connections
Fun
Friendships
Intergenerational
LifeCare Centre
Community hub
Diverse
Classes
Laughter
Variety
Volunteers
Connections
CafeLife
Home cooking
Welcoming
Team spirit
Friends
Vintage Vibes
VIP matches
Loneliness
Good company
Friendships across
generations
Volunteers

“Oh I get by with a little help from my friends.”

The Beatles.



How Help at Home helps people, like Alice, live independently for longer.

We see Alice twice a week. Some visits, we do her shopping and make sure her fridge is stocked. Others, it's to help with housework or other practical tasks. It might not seem much, but to Alice it makes all the difference, enabling her to continue living in the home she loves.

LifeCare's Help at Home bridges the gap between living independently at home and needing further support from care services. It's a vital service and there's an increasing demand for it.

LifeCare has responded to meet this, otherwise unmet, need. Our Help at Home team has increased by 15% this year and we now have a 30 strong team of home helpers as well as a new administrative assistant. We employ our staff on a variety of contracts, enabling them to achieve the work/life balance that suits them best.

We're strong on providing practical assistance, and emotional support in the face of crisis situations. When needed, we refer our clients to our care services within the LifeCare family.

We have helped over 355 clients, during the year, providing over 13,000 hours of support – a 15% growth on last year.



“I'll be there for you (like I've been there before).”

The Rembrandts.



We're here for you throughout your care journey.

Other than the exceptional quality of the services we deliver, what sets LifeCare apart from other providers is that we offer a complete range of services. From Outreach or Help at Home, to membership of our day clubs like St Bernard's, The Dean or The Cottage where some may require more intensive support, our clients and their carers can trust us to be there every step of the way. Now, even more so, with the development of theBridge@StBernard's, our Early Stage Dementia Club, that bridges the gap between living fully independently and our dementia day clubs.

This year has seen an increased demand for our Outreach services. We're here to help combat isolation and loneliness and support clients with dementia, physical or mental health issues. We supported 178 Outreach clients and carers, and provided 10,353 hours of care. To meet this demand, we haven't compromised on our exceptional level of service or reduced our higher than average staff to member ratios. We've invested more; recruiting an additional 6 team members, two co-ordinators and a part time administrator.



“Lean on me”

Bill Withers.



As our members become older and frailer, our Dean Club has adapted accordingly.

The Dean Club is for those who are not as physically strong or socially active as they once were. Our purpose is to help members regain their sense of adventure and rebuild their confidence. As many of our members have been with us for some time now, they have inevitably become frailer and in need of more assistance. However, our exceptional team have risen to the challenge. And throughout the year, we've still helped them enjoy extra years of

zest, taking them on outings and arranging activities. After all, it might be just an afternoon bowling or a trip to the hairdresser but to someone who's felt disengaged and cut off, it's all the difference in the world.

This year, we have gone on a variety of trips, which have provided many hours of social interaction and hours of forging friendships and life stories shared.



A new recruit with a difference: Pepper the Robot.

We are delighted to be working in partnership with Heriot Watt University Robotics Department to research technologies to support those who live alone. Our clients put Pepper the Robot through its paces, doing domestic chores and playing board games.

“You’ve got a friend in me.”

Randy Newman, Lyle Lovett.



Through the years Intergenerational Pen Pal Project.

Perhaps one of the highlights of our year has been the ‘Through the Years’ Pen Pal Project which we ran in partnership with Broughton High School and the Super Power Agency.

LifeCare worked with S2 pupils to encourage their communication and letter writing skills and we recruited older pen pal volunteers to correspond – members of our Dean Club, Help at Home clients and people within the surrounding community.

Young and old letter writers loved this initiative. The pupils’ literacy and confidence levels increased and they were very excited when they received replies and got to learn about the older generation. In turn, the older writers relished connecting with the younger generation.

After several weeks of writing, the correspondents all met up which resulted in a video and book, both of which will be released soon.





“Let the memory live again.”

Barbra Streisand.

LifeCare's specialist dementia services are second to none.

It's projected that 225,000 people will develop dementia this year. That's one person every three minutes, every day. As demand for dementia services grows, it's little wonder demand for ours rises exponentially. After all, LifeCare have built a reputation for providing the best quality care for 78 years and we've consistently received the highest possible grading across all our registered day clubs.

In October, we celebrated the 30th birthday of St Bernard's Club in Stockbridge and the 21st anniversary of The Cottage in Portobello.

We futureproof our exceptional quality of care through staff development, training, recruitment and procurement of further funds through corporate partnerships and fundraising efforts.

We're delighted to announce that we will be launching an Early Stage Dementia Club which will be held in St Bernard's every Friday. It will be more like a self-run club, giving members the freedom they want as well as the support they need, encouraging them to stay as positive and active as possible and enjoy extra years of zest.





“I see trees of green, red roses too
I see them bloom for me and for you
and I think to myself, what a wonderful world.”

Louis Armstrong.

St Bernard's Dementia Garden, a haven in the heart of Stockbridge.

We've created a wonderful world with the hard work and financial support of our friends at Ryden. Members of our St Bernard's Club and their family can now access it through a garden gate, rather than reception, making it more homely and welcoming than ever.

Gardening is an activity that can bring great pleasure and is especially therapeutic for those with dementia, so we encourage all our members

to get involved. It promotes physical activity, cognitive function and social interaction and nurtures a sense of well-being.

We've planted vegetables and herbs and sweet-smelling flowers and we look forward to the summer when we can harvest tomatoes and sweet peas and pick and arrange our flowers throughout the centre.



“You are not alone.”

The Eagles.



LifeCare cares about carers too.

LifeCare doesn't just look after our dementia day club members, Outreach and Help at Home clients. We look out for their loved ones. Because carers need support too. In fact, this year we helped 264 carers. We understand how demanding and exhausting it can be to look after someone, yet this is all too often overlooked.

For many carers, an afternoon or a day to themselves is a lifeline. A chance for them to have some much-needed me time or a change of scene, happy in the knowledge that with LifeCare, their loved one is in the best possible hands. Through our day clubs, Outreach and Help at Home services, we provided 64,250 hours of support to our clients – freeing up time for their carers to relax.

With more people staying at home for longer and becoming more frail, more demands are placed on those who look after them. Most carers have little or no medical training and some have to care for a loved one whilst working, looking after children or other dependants, or over a distance. All this can take its toll on the carer's health too. So we provide support in any way we can.

Wherever possible, we direct carers to services which can help lighten their load and that we think their loved one might benefit from. In addition to all of that, we carry out an annual carer review and represent the needs of carers at VOCAL, as no carer should feel alone.



"Let's get together and feel alright."

Bob Marley



LifeCare's hub is the heart of the community.

Every day, we welcome young and old to our bright, spacious centre in the heart of Stockbridge. Community groups and partner agencies come to meet with our expert care staff, talk to our clients and share training and best practice. We also offer local community initiatives complimentary room hire to support them.

Here at the hub, people of all ages and backgrounds can enjoy an eclectic range of classes – from Art to Zumba – which run throughout the year in our centre and we also hire out our space; for children’s parties, corporate events, workshops, meetings and community gatherings. In fact, we take around ninety bookings every single week!

We also organise intergenerational events and activities to bring the entire community together, such as our popular Singing Together Group, where members of our dementia clubs and the local community can come together to celebrate their shared love of singing.

In addition, our history talks programme, has been a resounding success, with an audience of around 90 people at each talk. This doesn’t just offer everyone the chance to brush up on their local history, it’s the chance to connect with friends, old and new.

We plan to build on all of this, having received support from the Edinburgh University Local Community Grant to fund a part time community facilitator for 6 months.



“Food, glorious food.”

Lionel Bart.



Where friendship and fun feature heavily on the menu.

CaféLife isn't all about the food. Glorious though it is. Head chef Tony and his team will always go that extra mile for all who visit. Family friendly, wheelchair friendly, baby and toddler friendly; we're just plain friendly all round. We're not just a local café, we're a local cause. We're here to offer affordable, nutritious food and good company for the whole community. And every penny we make goes back into giving older people in Edinburgh extra years of zest.

Members of our day clubs, new mums, dads and babies, students, volunteers, workers, tourists, those living locally, retired colleagues, ladies and lads that lunch, all mingle happily in our intergenerational café.

We offer year-round volunteering opportunities to people from all backgrounds. This helps build confidence, experience and employability for volunteers and offers the chance to form new friendships.

Throughout 2018, we served up thousands of cups of tea and coffee. More importantly, while doing so, we initiated just as many conversations, which makes all the difference to some of our regulars who might otherwise have spent the day without talking to anyone.



Our partners:



“Let’s be friends.”

The Beach Boys.



CafeLife. Where everybody knows your name.

Regular CafeLife customer and Vintage Vibes VIP, David, aged 87, comes to LifeCare for his lunch five days a week. Partly because he loves the healthy, nutritious, affordable fresh food and doesn't like to cook for one. But mainly because he lives alone and loves the company. Tony and his team, as well as the other regulars, have grown very fond of David. In fact, Tony has even been known to help David out with his laptop!

Over the year, David has formed a particularly firm friendship with retired nurse and CafeLife volunteer, Jennifer. She always makes time to talk to him and hear how he's getting on. Jennifer enjoys their catch ups as much as David does.

This is just one of the many friendships which have blossomed at CafeLife over the last year. Jennifer, Tony and his team look forward to forming many more over the next one.

“You’ll never walk alone.”

Gerry & The Pacemakers.



Or run or skydive. Here's to our band of fundraisers and corporate sponsors.

LifeCare can't do all that we do for our clients and carers without our wonderful donors and charity partners. Loneliness, social isolation and dementia is on the up. This means that every year, the demands on our services increase and the need for more funds grow. It's a big ask. We needed to raise £128,000 for this year. But with the help of our friends, we got it.

We ran a series of Challenge Events to encourage people to participate in our fundraising and got a fantastic response. We're so grateful to every individual who signed up to run marathon races on a rainy Sunday morning, cycled through freezing fog, or skydived out of planes to help raise funds for us.

This year, we progressed two new projects with our charity partners: refreshing the dementia garden at St Bernard's with Ryden and launching the Dance to Your Own Tune programme with Tesco Bank. Both initiatives really have helped give our members and participants extra years of zest. And we could never have done it alone.

“Help is on the way.”

Doyle Lawson & Quicksilver.

Our army of volunteers were always onhand.

We benefit from the goodwill, hard work and dedication of volunteers across every aspect of our care services. From people like retired nurse, Jennifer, who rolls up her sleeves and helps out in CafeLife to Mary, our Dean Club volunteer and pen pal, they're across all that we do.

However, they'll be quick to tell you they get as much out as they put in. Whether it's work experience, learning new skills, building confidence, forming new friendships, increasing their sense of purpose or simply getting that feel good factor that comes with having helped make someone's day, it's as rewarding as it is varied.

LifeCare create volunteer roles that play to people's strengths. The volunteer work carried out by them this year amounted to savings to LifeCare of £85,386. Or, to put it another way, totalled 10,905 hours of additional capacity donated to LifeCare.

We must also acknowledge the help we get from our corporate volunteers. Ryden didn't just help fund our dementia garden in St Bernard's; they helped dig it. Tesco Bank played a big role not only in funding, but facilitating, our Dance to Your Own Tune programme and other initiatives. And TSB staff have supported us too.

We're immensely grateful to all our volunteers. To say thank you, we held a Christmas lunch for them, served up by Tony and his team in CafeLife. It was a fantastic day with entertainment for everyone - the very least they deserved for all their hard efforts.



“Reach out, reach out to me.”

Four Tops.



Introducing the Playlist for Life programme.

Writer and broadcaster, Sally Magnusson, founded the Playlist for Life charity back in 2013 following the death of her mother, Mamie, who had dementia. The premise is simple. That everyone should have their own playlist; effectively, a soundtrack of their life. More than 20 years of research has shown that personal playlists can alleviate anxiety and lift the spirits of those living with dementia.

This sentiment marries perfectly with LifeCare’s founding purpose – to help provide extra years of zest. We were delighted to receive support from Tesco Bank to create 75 personal playlists for club members and outreach clients. That will be 75 people who have music that means something; 75 people empowered; 75 people’s lives lit up.

The first playlists were compiled by medical student volunteers from Edinburgh University. It was wonderful to see our clients open up to the students about the most special moments and music in their lives.

We have headphones in all of our clubs where members can listen to their playlist and they are also able to use it at home. The playlist can spark an intimate memory or stimulate an important conversation that the client might otherwise not have had.

Supported by:

TESCO Bank



“I’ve got the music in me.”

Kiki Dee.

Introducing Dance to Your Own Tune music therapy.

While music breaks barriers, music therapy builds confidence. It raises spirits and helps even the least communicative find their voice. For someone living with dementia, this really can improve their quality of life.

This year, thanks to funding and support from Tesco Bank, we launched the Dance to Your Own Tune music therapy programme with leading specialists, Nordorff Robbins. Their amazing therapists delivered sessions in our clubs and were able to reach out to so many members on a personal level.

A music therapy session lasts up to an hour and may be one-to-one, or in small or large groups. The music therapist aims to encourage the client to interact through music by playing different instruments, singing, using music apps on an ipad, joining in with familiar music, improvising, dancing, writing songs and rehearsing. Everyone’s experience of music therapy is different because every person is different.

The positive results were plain to see. Or, more to the point, hear!



“Thank you for being a friend.”

Andrew Gold.



Norma and Luke meet celebrity chef Tom Kitchin from Saturday Kitchen

Vintage Vibes: our intergenerational friendships partnership.

What an incredible year we have had at Vintage Vibes. We have supported 117 one-to-one friendships, 57 of which were new matches made this year. This has meant the world to our VIPs and volunteers alike. Take Doreen and Fiona. When Doreen's daughter has to fly home to Australia, her volunteer, Fiona, always visits the very next day to help lift her spirits. They enjoy walks along the promenade and trips to the cinema. It's a boost for Fiona too.

Or Lewis and Piera who have been friends for three years through the initiative. They share a love of food and foreign travel. Lewis has supported Piera through serious illness and has become a surrogate grandson and an honorary member of her family, visiting her relatives in Florence with his girlfriend.

Not only do we help form friendships, we form groups. Our choir, Vintage Vocals, has continued to be a huge success with 29 VIPs regularly attending led by Val and her fellow volunteers, Linda and Kerrie. We also have a 23 strong film club and a Sewing Bee Group that roams across the region, starting in Gorgie.

But perhaps our biggest news this year has been the appointment of a Community Adventurer, thanks to us receiving further funding from Comic Relief. This has enabled us to expand the scope of our project into areas of deprivation across Edinburgh, offering additional support to the older people of our community who need it most.





VINTAGE VIBES
GOOD COMPANY NEVER GETS OLD

Vintage Vibes Top Five Moments:

- Receiving a visit from the Minister for Older People, Christina McKevlie, MSP.
- 500 VIPs receiving Christmas cards from their local community.
- Appearing on Saturday Kitchen, hosted at LifeCare, featuring Tom Kitchin serving up fish pie to our VIPs and volunteers.
- Receiving funding from Comic Relief, Integrated Joint Board Health and Social Care Partnership, Walter Scott and Partners, Building Collaboration Fund and Baillie Gifford.
- Being selected as Charity Project of the Year for 2019 by Citi Edinburgh.

Thank you.

We thank the City of Edinburgh Council, Department of Health and Social Care for part funding each of our day centres – The Dean, St Bernard's and The Cottage. Also, all of the other donors and funders listed below.

Public Monies and Grants

- City of Edinburgh Council Department of Health and Social Care
- Scottish Social Services Council
- University of Edinburgh Grant
- National Lottery Community Fund

Charitable Trusts

- The Broughton Charitable Trust
- Mrs ABC Campbell Charitable trust
- John Wilson Robert Christie Bequest Fund
- Cruden Foundation Limited
- Garfield Weston Foundation
- Hilda & Johnny Gibb Charitable Trust
- Lothian Buses Employees – Charitable Fund
- R S MacDonald Charitable Trust
- Miss M B Reekie Charitable Trust
- Misses Robinson Charitable Trust
- Margaret Ross
- Saints and Sinners Charitable Trust
- George & Margaret Trotter Charitable Trust

Charitable Grant

- Edinburgh University Local Community Grant

Legacies

We are especially grateful to those who have remembered us in their Will, and to the families in memoriam and tribute gifts in remembrance of their loved ones.

- The Estate of John Crichton
- The Estate of Emily Irving
- The Estate of Barbara Ann Wilson

We couldn't do all that we do without your support.

Our charity partners 2018-2019:



Bank

Ryden

TSB

Sainsbury's



MARKS &
SPENCER

MOODY'S

Heineken®
open your world

lifecare-edinburgh.org.uk

T: 0131 343 0940 E: enquiry@lifecare-edinburgh.org.uk

Registered address: 2 Cheyne Street, Edinburgh, EH4 1JB | Charity No: SC012641

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extrayearsofzest